



Handwashing is the single most important action to stop spreading infection and disease.

When Should You Wash Your Hands?

You should always wash your hands after:

- Going to the toilet (or changing diapers)
- Coughing/sneezing or using a tissue
- Handling raw meat and poultry
- Touching lacerations/cut, sores or infected areas on the skin
- Handling or playing with pets
- Touching dirty kitchen equipment, utensils, dishes or work surfaces
- Smoking, eating or drinking and before handling foods
- When hands become visibly soiled

You should always wash your hands before:

- Touching or handling ready-to-eat foods, such as breads, deli meats, cheese, fruits and vegetables, etc.

The best way to prevent disease is to wash your hands.